## 10 Nov 2010

Thank a Veteran- past and present not just on Veteran's Day but every day!

## ATTACHMENTS: Scroll down past Announcements and Updates:

- Please find attached the 1 ID Weekly Update for this week. For your convenience this will be posted for you to view in the next few days at the following link: http://www.lid.army.mil/DocumentList.aspx?lib=1ID\_FRG\_Updates.
- Looking for a unique Christmas present? Order a 1 HBCT Brigade Blanket, order form attached- we must have 35 orders to place an order by 22 November.
- 3. 1 HBCT is on the web! Check us out!!!
- 4. Military Discounts in Salina, KS
- "BRAT CHAT"- a story about Local Teen Leaders POC is Wynnie Wahlfeldt 239-1648
- 6. King Field House now offers a Parent Cardio Room- please see flyer for Rules and Regulations

## ANNOUNCEMENTS/UPDATES:

- 1. Flu vaccinations: Both injectable and mist, are available throughout the month of November at the following clinics: Families can go to their assigned medical homes on a walk-in basis between 3 and 5:30 p.m. Monday through Friday throughout the month except on Nov. 11 and Nov. 25, which are federal holidays. For more updates on where and when you can get a flu shot please contact iach.amedd.army.mil or 785-240-4FLU (4358).
- 2. Changes in procedures to improve Rx services: Story By: Maj. Jimmy Lee, IACH PHARMACY CHIEF

In order to provide better service and decrease wait times, Irwin Army Community Hospital patients will request refill prescriptions in advance by phone. An online prescription refill option will be available soon. Beginning Feb. 1, 2011, all patients will either use the automated prescription refill system or IACH pharmacy website when requesting prescription refills. Of the 404,896 prescriptions filled in FY2010, 298,332 or 73.68 percent were filled at the main IACH pharmacy. The remaining 106,564 or 26.32 percent of prescriptions were filled at outlying pharmacies including 14.73 percent at the Post Exchange, 7.65 percent at the Consolidated Medical Troop Clinic and 3.94 percent at the Farrelly Health Clinic. With that many prescriptions dispensed, it is important to streamline the process to improve customer service and wait times. Prescription refills requested prior to noon will be ready for pick up when the pharmacy opens the next duty day. Refills requested after noon will be ready for pick up in two duty-days. Prescription refills not picked up after seven days from the scheduled

pick-up date will be returned to stock and will need to be reordered. Contact the desired pharmacy location to pick up refills, obtain answers to questions or get additional help with refills. Prescription refills may not be requested more than 14 days from the next refill due date. IACH automated prescription refill system is easy to use with a touch-tone telephone. Patients can request a prescription refill, receive information about medication and hear the pharmacy hours of operation using the APRS.

- To refill a prescription or access information, select the desired pharmacy pick up location by pressing the corresponding number on a touch-tone phone.
- Listen and choose an item from the main menu by following the simple instructions, or follow the step-by-step guide below. Calls can be ended at any time by hanging up.
- When prompted, enter the last four numbers of the sponsor's social security number followed by the pound (#) sign.
- Enter the six or seven digit prescription number followed by the pound sign (#). The
  prescription number is located in the upper left hand corner of the prescription label. For
  example, if a prescription number is RXR1234567, enter 1234567.

Civilian prescriptions will be dropped off, processed and picked up at the PX pharmacy. The patient's valid military identification card must be presented to pharmacy staff when picking up prescriptions. This applies to all beneficiaries, 10 years of age and older, including spouses, parents, children or guardians. This policy is in accordance with AR 40-3 Chapter 11-13(j) and AR 40-66 Chapter 2-6 requiring proper identification of patients and privacy of all patient prescription records. By presenting the patient's valid military ID when requesting a prescription, the bearer of the ID demonstrates the patient has given permission for the person to obtain the prescription. To refill prescriptions, call 785-239-PHAR (7427) or for more information visit: <a href="https://iach.amedd.army.mil/sections/clinics/pharmacyMain.asp">https://iach.amedd.army.mil/sections/clinics/pharmacyMain.asp</a>.

- NEW VETERAN'S DAY E-CARDS: The Real Warriors website now has e-cards! Visit the
  e-cards page at <a href="http://www.realwarriors.net/ecard">http://www.realwarriors.net/ecard</a> to send service-specific messages to
  loved-ones, or celebrate the veterans in your life with our new Veterans Day e-cards at
  <a href="http://www.realwarriors.net/ecard/veterans-day">http://www.realwarriors.net/ecard/veterans-day</a>
- 4. 4.Ice Rink in Manhattan The new ice rink in City Park will open for the season on Thursday, November 18, 2010. The hours of operation are 3:00p.m. to 7:00p.m. Monday through Friday and 1:00p.m. to 7:00p.m. Saturday and Sunday. Admission for all ages is \$2.00 per person and skate rental is available for \$2.00. Punch cards good for ten admissions and/or skate rentals are \$15.00, and are available for purchase at the Manhattan Parks and Recreation Office, 1101 Fremont, between 8:00a.m. and 5:00p.m. Monday through Friday. Reservations are also being accepted for private gatherings. For more information on reserving the ice rink, or hockey and skating lessons, contact the Manhattan Parks and Recreation Office, 587-2757.
- 5. ESC Chili Cook Off The Enlisted Spouses Club will be hosting a Chili Cook-off November 17th at the ASYMCA from 6:30pm to 8:30pm. There is a \$5 entry fee with all of the proceeds going to the flint hills bread basket and a \$1.00 entry fee for judges. There will be prizes awarded for the winners of the chilli cook-off (1st, 2nd, 3rd, spiciest, most creative). There will be a door prize give away too. Free childcare is provided. Children must be registered with the ASYMCA. Please RSVP by November 11th to

- <u>escpresident@hotmail.com</u> or via the website at <a href="http://fortrileyesc.web.officelive.com">http://fortrileyesc.web.officelive.com</a> for the childcare. We will also be collecting toys for the Operation Santa Claus on Ft Riley. Please bring a \$10.00 unwrapped boy or girl toy to the meeting.
- 6. SGT RILEY PUPPET SHOW ACS Mobilization and Deployment Program is proud to officially announce that the SGT RILEY PUPPET SHOW will be made available for FRG use starting Dec 1, 2010! This puppet show comes complete with stage, puppets, scripts, and coloring books. Recommended ages are 4-7 for Script 1 or ages 7-12 for script 2.
- 7. For more information or to book the resources, please contact: Heather A. Stewart at Ph: 785.240.5449
- 8. Military to Medicine Program Inova Health System is sponsoring a new initiative that is along the lines of the old 'Troops to Teachers' and 'Spouses to Teachers' program. The new initiative is called 'Military to Medicine' and is in support of military spouses, wounded warriors and their caregivers, veterans, National Guard, Reserve and their spouses and Service members transitioning to civilian employment. The program provides the path to a portable healthcare career; training that leads to entry-level healthcare careers in administrative support, information technology and clinical fields and career opportunities to enhance the lives of military Families. Please access this link for more information: www.militarytomedicine.org
- 9. This initiative was introduced at the AUSA Convention last month; please share with Soldiers and Family members.
- 10. A Buttons 'n Bows Craft Sale will take place from 8:30 a.m. to 4:30 p.m. Nov. 13 at 306 S. Juliette in Manhattan. The event will feature a bake and craft sale.
- 11. Riley's Conference Center will host a Fall Brunch Nov. 14 from 10 a.m. to 2 p.m. Home-style comfort food will be served on both the full breakfast and lunch buffet. The cost is \$13.95 for adults, \$7.95 for children 5-10 years and under 4 years eat free. Reserve your spot by Nov. 12 and get \$1 off per person. This event is open to the public.
- 12. The Directorate of Family and Morale, Welfare and Recreation, will host the Turkey Two-Miler, a two-mile fun run at 9 a.m. Nov. 20. It will begin just outside of the Outdoor Recreation Center. The run is untimed and strollers are welcome. Registration for the event begins at 8:30 a.m. For more information about the run, call 785-239-2807.
- 13. Family Fitness Nights are scheduled for 6 to 7 p.m. Nov. 19 and Dec. 3. On Nov. 19 kickball will take place at the Middle School Teen Center, 5800 Thomas Avenue. RSVPs are due by Nov. 17. On Dec. 3, a monster basketball game will take place at the teen center. RSVPs are requested by Dec. 1. Parents must be present with their children. Equipment and drinks will be provided. For more information, call 785-239-9223/9200.
- 14. A Turkey Bowl is scheduled at Custer Hill Bowling Center from 11 a.m. to 6 p.m. Nov. 15, 17 and 18. Participants who bowl three strikes in a row will win a free turkey for Thanksgiving. For more information, call 785-239-4366.
- 15. Intramural basketball registration is now open. The Active-Duty Season will start Nov. 22, and the Community Life Season will begin Nov. 29. A coaches' meetings for active-duty participants is at 2 p.m. Nov. 9 at King Field House. There is no cost for active-duty Soldiers. The registration deadline is Nov. 12. The Community Life coaches' meeting is at 6 p.m. Nov. 12 at King Field House, with registration required by Nov. 19. The cost per team is \$200. For more information, call 785-239-2148

- 16. The Fort Riley Post Library invites guests to a Thanksgiving Craft Party from 1 to 3 p.m. Nov. 20. Participants will make a footprint turkey and hand paint wreaths. Refreshments will be provided. For more information, call 785-239-5305.
- 17. The Cantigny Dining Facility on Custer Hill will host a surf and turf dinner from 5 to 6:30 p.m. Nov. 19, as part of Military Family Appreciation month. A children's buffet will be available a la carte with an average meal running about \$2. Adults can enjoy a meal for \$6
- 18. Riley's Conference Center will host a Dinner and Movie Night Nov. 18. Doors open at 6 p.m. and the movie, "Cats and Dogs" begins at 6:15 p.m. The cost for adults is \$7.95 and \$3.95 for children, ages 4 to 10. For more information, call 785-784-1000.
- 19. Those looking for their first job or a change in careers can find more than 80 employers at the Fall Job Fair from 2 to 6 p.m. Nov. 16 at Riley's Conference Center. The Employment Readiness Program's job fair will feature employers from Wamego to Salina, who have current job openings or anticipate having open positions within the next six months, said Stephanie Gottfried, Employment Readiness coordinator. For more information, contact the Employment Readiness Program at 785-239-9435.
- 20. **PICERNE Scholarship** applications available; Our Family for Families First scholarship applications are now available at <a href="https://www.ourfamilyfoundation.org">www.ourfamilyfoundation.org</a>. Any child of an active-duty Soldier at Fort Riley can apply.
- 21. Picerne Home Watch Program: Contact your Neighborhood Office to be put on the Home Watch list if you plan to be away for an extended period of time. <a href="https://www.rileypicerne.com">www.rileypicerne.com</a>
- 22. Holiday Finance Tips: If you do all your holiday shopping on a credit card, you actually can spend two to three times as much, once you figure in interest and finance charges. Here are some ways to avoid holiday debt. 1) PAY WITH CASH. Spend money you already have: Use debit cards, cash, or write checks. 2) Make a budget not a per person budget, but an overall budget for all of your Holiday spending and compare it with the amount you have available to spend. 3) Keep track of how much you have spent on gifts, dining and entertainment. 4) Make a list of all the people who you would like to give gifts to, and rank people on the list. 5) Know what you want to buy, and for whom, before you go shopping. 6) Shop alone when you're doing the bulk of your gift buying. It will help you avoid impulse spending. Don't shop while you're tired or hungry. 7) Steer clear of high price fad items and instead buy practical gifts that last longer 8) Think before using your credit card to take advantage of "holiday bargains."
- 23. DOD LAUNCHES NEW WEBSITE FOR YOUTH: The Department of Defense's Joint Advertising Market Research and Studies (JAMRS) program announced it has launched www.myfuture.com, a new website to help America's youth explore opportunities for their future. Myfuture.com provides comprehensive, unbiased information about career, education and military options for young people, ages 16 to 24. Powered by information from the Departments of Defense, Education and Labor, myfuture.com provides young people with a resource that helps them formulate a plan for their future by establishing goals and identifying and understanding the steps necessary to reach those goals. The website brings clarity to the process by connecting visitors with factual, practical information and tools. "People may wonder why the DoD is launching an exploration website for young people who are considering their options for the future," said JAMRS Director Matt Boehmer. "The fact is, we found existing career and/or college exploration websites not affiliated with the DoD provide little, if any, coverage of the military and its career opportunities.

Myfuture.com helps inform young adults who might not normally consider service about the benefits of a military career. By placing the military side by side with college and career opportunities, the website allows them to explore all possibilities and gain insight into each option. We also make the point that the three do not have to be mutually exclusive." Myfuture.com provides a breadth and balance of information not available anywhere else, allowing visitors to discover possibilities and opportunities that appeal to their own unique personality and goals. The website provides details on more than 1,000 civilian and military career fields and nearly 7,000 accredited colleges and trade schools. In addition to college admissions details, average salaries and employment trends, myfuture.com provides advice on everything from taking the Scholastic Aptitude Test to interviewing for a first job to preparing for basic military training. Step-by-step planning checklists are also provided as a guide for users, and favorite job and school information can be saved for return visits. For more information, visit www.myfuture.com. The National Military Family Association applauds DoD for working with the Department of Education and Department of Labor on producing a balanced discussion of careers, college and military options for teens and young adults.

# 1ID and Fort Riley Weekly News Update

November 11, 2010



## Calendar of Events:

- ★ November 10 Happy Holidays w/o Financial Hangover 1:00pm
- ★ November 11 14 -Veteran's Day Training Holiday
- November 11 Manhattan Veteran's Day Parade 9:00am
- ★ November 16 Employment Readiness Job Fair 2:00pm
- ★ November 17- 1/4 CAV Change of Command 9:00am
- ★ November 17 Native American/American Indian Heritage observance 11:45am
- November 19 Military Family Appreciation Dinner 5:00pm
- ★ November 25–28 -Thanksgiving Training Holiday
- ★ November 30 4/1 ID Change Command 9:00am

## Fort Riley USO Seeks Volunteers



Until Every One Comes Home." \

USO Fort Riley is seeking daytime volunteers to help run the center. The center, which opened May 25, 2010,

is open year-round.

"The USO is a positive environment that depends on the support of dedicated volunteers," said center director April Blackmon. "As a non-profit organization with just two employees, volunteers keep this center running."

Spouses, veterans and retirees, community members and organizations are welcome to the USO team, as well as families, students and service members.

"Family friendly volunteer opportunities are available that will enable parents to share the experience and importance of service with their children," said programs manager Kara Salvati. "High school students also may volunteer with their parents to help toward their educational community service requirements. Any active duty service members who volunteer in their spare time can work toward the Volunteer Service Medal and promotion points."

The USO recently launched a new volunteer web site –

www.usovolunteer.org – where interested volunteers can search and sign up for opportunities at USO Fort Riley.

## WE NEED <u>YOU</u> TO LEND A HELPING HAND!

Join the Big Brothers Big Sisters Lunch Club



Do you have one hour a week during the school year to change the world? Volunteer I 30-60 minutes a week at the child's elementary or middle school. Matches will meet during breakfast or lunch to achieve their full potential, through long-term personal relationships.

CONTACT: ERIN BISHOP OR CAROLINA CAMACHO AT (785) 239-9991 ERIN.B.BISHOPQUS.ARMY.MIL ERBISHQKSE.EDU



formational Meetings

McClellan Community Center Forsyth Community Center Army Community Service November 16th 10:00um November 16th 5:00pm November 23rd 12:00pm

"Volunteers are especially needed from 9:30am to 6:00pm, Monday through Friday and during the holidays," Salvati said.

The center is open Monday-Thursday, 10:00am to 8:00pm; Friday, 10:00am to 9:00pm; and Saturday-Sunday and holidays, 12:00pm to 6:00pm.

For more information about becoming a volunteer at the center or with any USO Fort Riley program, contact Salvati at (785)320-1167 or ksalvati@uso.org.

## Fort Riley Middle School Winter Bussing

Winter bussing started Monday, November 1st. All Fort Riley Middle School (FRMS) student Winter Bussing information has been posted in the main office and cafeteria areas.

If your student did not see their bussing information, they should see Mrs. Marshbanks in the office. FRMS will send an application for bussing home with the student. Fill out the application and return it to the main office as soon as possible. The application will be faxed to the bus company. Your student will be given the bus stop information as soon as the FRMS office receives it. It could take up to 2 school days to get a bus assigned.

Some of the streets for Winter Bussing pick up are:

Meade Loop AP Hill McClellan Loop Burnside Loop Gordon Place Hampton Place Hood Dr Longstreet Beauregard Pickett Mosby Place

Bragg Place



Please contact FRMS office at (785)717-4500 or come into FRMS with any questions. If you have questions about the bus your child has been assigned to, please contact The Bus Barn at (785)762-2219.

## THANK YOU TO THE U.S. MILITARY!

## ARBY'S' SALUTES YOU! ALL ACTIVE DUTY AND VETERANS ARE INVITED TO ENJOY A FREE REGULAR ROAST BEEF SANDWICH ON THURSDAY, NOVEMBER 11TH IN HONOR OF VETERANS DAY!



To thank our country's brave military men and women, any active duty or veteran in uniform or with proof of U.S. Military service, will receive a FREE Regular Roast Beef Sandwich during regular business hours on Thursday, November 11th. This offer is valid at all participating Arby's locations in Oklahoma, Arkansas, Kansas, Missouri, Illinois (greater St. Louis area), and Colorado (Colorado Springs/Pueblo).







## K-State Research and Extension Office Offers Classes

Looking for something to do now that

weather is cooling down?

Here are



some upcoming classes from Kansas State Research and Extension office.

## November 16 -

Basic Parenting (10:00am & 5:30pm)

## November 17 -

Global Friendship Group (10:00am— 11:30am)

Planning a Heart Healthy Thanksgiving (1:00pm-3:00pm)

Everyone to the Table (5:30-7:00pm)

## December 7 -

Conflict Resolution (10:00am & 5:30pm)

December 14 - Food Safety (10:00am & 5:30pm)

December 21 - Simple Games and Toys for Cheap (10:00am & 5:30pm)

For more information please contact, (785) 239-9991.

## Don't Forget Operation Santa Claus.

They are always in need of volunteers to work in their Santa Shop or make a donation (toy or monetary). Drop off locations located around the installation.

## Concert Pianist Performs in Hometown of Junction City

## Works by Beethoven, Chopin, and Schumann



Internationally acclaimed pianist Gary Kirkpatrick is recognized throughout the world as one of America's foremost musi-

cians. He was born in Manhattan and grew up in Junction City, where he graduated from Junction City Junior/Senior High School in 1958. Gary received a full scholarship to study at the renowned Eastman School of Music in Rochester, New York where he graduated with highest honors. He completed his studies with distinction at the great Academy of Music and Dramatic Arts in Vienna where his work with celebrated pianist Deter Weber broadened his range and artistry. While in Vienna, Gary gave many recitals, made recordings, and won top prizes at the International Beethoven Competition, the Stepanov Piano Competition and the International Piano Competition in Jaen Spain.

He made his New York debut at Carnegie Recital Hall in New York City where the New York Times praised his "high caliber performance and musicianship" as having "covered a wide gamut of moods with varied pacings within a unified architectural concept." Frequent New York engagements followed, most notably at Lincoln Center's Alice Tully Hall, where he was lauded by Musical America as a pianist with a "bright colorful tone, forthright, honest musicianship, and above all, a welcome acuity of timing." Gary has taught at the University of Kansas, the Interlochen Center for the Arts, and is presently on the faculty of William Paterson University in Wayne, New Jersey.

Gary Kirkpatrick will be performing at the C.L. Hoover Opera House on Friday, November 19, 2010 at 7:30pm. Tickets are \$17.50 for adults, \$16.50 for military, and \$8.50 for students, and may be purchased in person at 135 W. Seventh Street, by phone at (785)238-3103 ext. 330, or online at www.jcoperahouse.org.



Sponsored by the Christmas SPIRIT Foundation and FedEx Corp.

Starting Saturday, December 11, Outdoor Recreation Center will distribute FREE fresh Christmas Trees to Military Families.

December 11-13 Sat, Sun, & Mon Spouses of deployed Soldiers & WTB have priority (show deployment orders or WTB card)

Starting December 14 Trees are distributed to active duty Military ID card holders (show ID card)

Outdoor Recreation Center Bldg 9011 Rifle Range Road 785-239-6368 Hours: Sun-Sat 9am-5pm





The Trees for Troops program was launched in 2005 and with the help of FedEx Corp., delivered more than 4,300 Christmas Trees to five U.S. military bases, as well as an overseas shipment to the Middle East. In 2006, the program expanded to deliver more than 11,000 trees to 25 U.S. military bases and to units in Afghanistan, Iraq, the Middle East and the 5th Fleet in the Gulf. Trees for Troops is expected to collect and deliver 15,000 to 17,000 Real Christmas Trees this season from 27 states to military families across the United States, as well as to soldiers serving overseas.

## Parent Central

Your first stop for all Child, Youth & School Services (CYSS) is Parent Central. Registration is required to participate in any CYS Service.

Annual registration fees are currently waived (until further notice) and CYSS registration may be transferred to a new duty station upon PCS.

Parent Central's new hours are: Mon-Fri 8:00am-6:00pm. Walk-in registrations are Mon-Fri 12:30pm -6:00pm, appointments are available starting at 8:00am. For additional information, please call (785)239-9885.

Send your events, news, contact information, etc., to:

Stacie Dumas 1st Inf. Div. FRSA Building 580, Room 333

All information needs to be received by November 15, 2010 for the next weekly newsletter.

Phone: (785)240-1251 Fax: (785)239-0416

E-mail:

stacie.dumas@conus.army.mil

stacie.dumas@us.army.mil



## On the Web!

1st Infantry Division & Fort Riley Homepage - www.riley.army.mil

Fort Riley MWR - www.rileymwr.com

Army vFRG- www.armyfrg.org

National Military Family Association - www.nmfa.org

US Army Homepage- www.army.mil

MyPay - https://mypay.dfas.mil

Irwin Army Community Hospital - http://iach.amedd.army.mil

Ready Army - www.riley.army.mil/areainfo/readyarmy.aspx

Fort Riley MWR Twitter Page - http://twitter.com/rileyfmwrbear

1ID Facebook Page - www.facebook.com/1stInfantryDivision



## Holiday Happenings in the Area

## November

Nov 19 5:00pm-6:30pm Military Family Appreciation Dinner Location: Cantigny Dining Facility, Bldg 7673, Custer

1:00pm-3:00pm Thanksgiving Craft Party Location: Post Library For more information please call: (785) 239-5305

Nov 25 12:00pm-2:00pm FREE!! Thanksgiving Dinner Manhattan East High School Lunch Room Location: For more information please call: (785) 537-0730

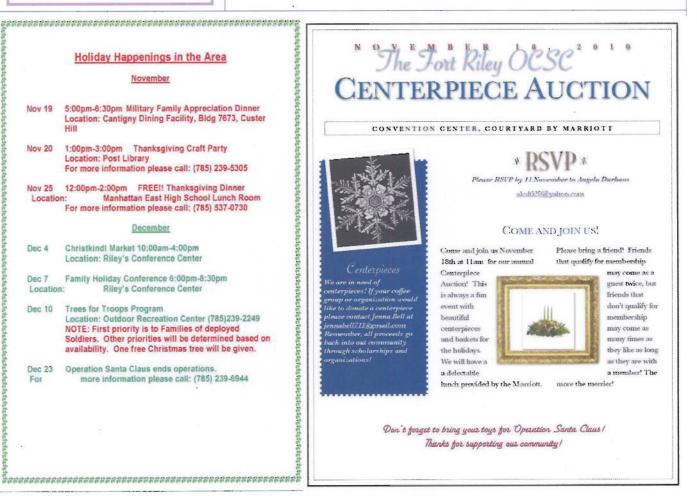
## December

Christkindi Market 10:00am-4:00pm Dec 4 Location: Riley's Conference Center

Family Holiday Conference 6:00pm-8:30pm Location: Riley's Conference Center

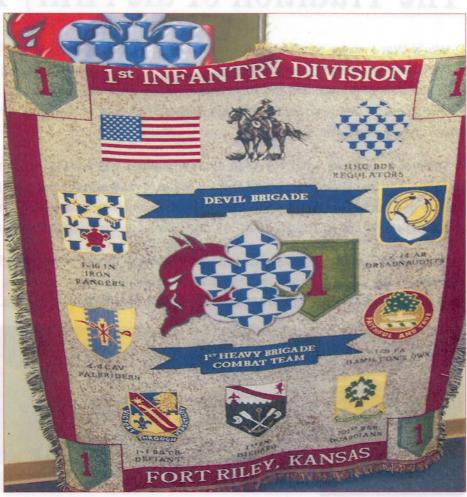
Dec 10 Trees for Troops Program Location: Outdoor Recreation Center (785)239-2249 NOTE: First priority is to Families of deployed Soldiers. Other priorities will be determined based on availability. One free Christmas tree will be given.

Dec 23 Operation Santa Claus ends operations more information please call: (785) 239-6944



## 1 HBCT Blanket\* Fundraiser

Would make a
great gift!
Only \$35
All orders
must be turned
in by 22
November
2010 by
3pm!
Actual picture
of blanket is
provided!



Your Name	iq eleginal flow grutalistics.  Pits work visits only words a
Good Phone # to reach you_	t wenning a uniform to sho on military installations are
BN (Break down to Co/Squad	ron/Troop)
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QUESTIONS ABOUT THE BLANKET PLEASE CONTACT NOEL WATERMAN AT 785-239-2242 AND

BN's please turn your money and order forms into SPC Ogburn (Bldg 7450– top floor)

## BLANKET\* INFO:

- Lists all 1 HBCT units
- Cost \$35.00
- 50"x 70" (normal blanket is 48"x67")
- \*Blanket has more detail then shown— examples will be at the EOC Desk at Brigade Headquarters
- Profit goes to the BDE Informal Funds to use for BDE events
- Please fill out form. BDE will accept cash, money order or check (no post dated checks) -made payable to BRO/1 HBCT BDE FRG— if your check is returned person will be liable for the BDE's NSF fee's

# FIND OUT WHAT'S GOING ON WITH 1ST BRIGADE!

BE IN THE KNOW! CHECK OUT OUR SITES!

1st Infantry Division and Fort Riley:

www.riley.army.mil.

Click on Units, 1ID Brigades, 1HBCT or just click on this link:

http://www.riley.army.mil/UnitPage.aspx?unit=1bct

Facebook:

www.facebook.com/1HBCTDEVILBRIGADE?v=wall &ref-sqm

vFRG website:

go onto the vFRG and log into their Soldier's BN's Family Members and Approved Personal can also vFRG site, where more information can be found. www.armyfrg.org

Instructions are listed to the right

Kansas- HHC, 1HBCT- The Devil Brigade (Kansas, UIC:WAHDAA), see below for Go to Army FRG Homepage: http://www.armyfrg.org Click on "Find an FRG" in the Select the Soldier's assigned Battalion or HHC from the listed FRGs at Ft Riley, upper left navigation bar Select the location of our FRG - "Kansas" the rest of the 1 HBCT Units.

back in 72 hours, Email the FRSA and they will research and get the information in for you if applicable. You will need to provide her with Soldier's Full Name/Rank/SSN#. If register. An email will be sent to us and we will manually add the Soldier's name. We information is correct and try again". If you get this error, please do not continue to you received the above message, you will need to wait to continue until we contact YOU MAY RECEIVE THIS ISSUE- "The Soldier information you entered does not register first) Enter the last 4 digits of the Soldier's SSN, first name and last name. will research the issue and reply via email to you. If you haven't received an email subscribing as a "Family Member" or "Soldier" (Remember that the Soldier must In the dropdown window on the next page, make the appropriate selection. I am match any Soldier data in the vFRG database. Please check that the Soldier you. Please proceed to next step if no issues.

characters (if you are already a member of Army OneSource, you must use the same You are at the "Welcome to Your FRG" page Go to the left hand column under "New username and password for this site) Registration is complete- hit "Continue" button Follow the steps to complete the registration and the password needs to be 6-10 Site Tools"

Click on "Find an FRG" again

48 hours (usually less then that unless weekend/holiday) you will then receive an email button next to it. "HHC, 1HBCT- The Devil Brigade" or your BN name \*\*More detailed instructions are provided on the www.armyfrg.org homepage, or you can contact your Click on Kansas again and you will see in Red that you are pending approval-within stating that you have been approved. Email will state this: "To access your FRG, log screen on the right. Select your FRG from the dropdown and then click on the "Go" into the Army FRG web site. After you do, you'll see a dropdown at the top of the FRSA for assistance.

- 101st Brigade Support Battalion (Kansas, UIC: WJA1AA)
  - BSTB (Kansas, UIC: WJM1AA)
- 1-16 Infantry, IRON RANGERS! (Kansas, UIC:WAHDAA)
  - 1st Battalion, 5th Field Artillery (Kansas, UIC: WAHNTO)
    - 1st Engineer Battalion (Kansas, UIC: WAHCAA) 2-34 AR, 1BCT, 1ID (Kansas, UIC: WAHOTO)
      - 4-4 Cavalry (Kansas, UIC: WGY7AA)





# To: Our Local Military Families Four Kid Free Hours! From: The Salina Military Affairs Council

# You Shop... We Wrangle!



Salina Military Affairs Council is inviting area Military Families to shop in Salina while we babysit!

Saturday, December 4 1pm—5pm

At \$5.00 per child you will have comfort knowing they will be in good hands at the Salina YMCA. Ages 6 weeks to 12 years.

## PREGISTRATION REQUIRED no exceptions. Call Jo Ann at 785-827-9301 x126 for the first 50 kids!

Also receive discounts and specials with Salina Downtown Merchants and Central Mall Merchants with your military ID. Your special package will be available when you arrive at the YMCA.

## Stores Offering Military Discounts in Salina \*MUST SHOW MILITARY ID\*

Salina Business	<u>Location</u>	<u>Discount</u>
Restaurants		
4-Bears Café and Catering	1700 E Iron	Need to know what the discount is
Burger King	2650 S 9th	10% off
Chili's	2255 S 9th	10% off
CiCi's Pizza	2450 S 9th	\$4.00 buffet and drink
Dominos Pizza	2100 S. 9th	15% off regular price menu items
Freddy's Frozen Custard	2420 S. 9th	10% off
Good Cent's	2344 Planet Ave	10% Off
Lacasita	2338 Planet Ave	10% Off
Martinelli's Little Italy	158 S Santa Fe	10% off
McDonalds	Broadway, Crawford, Planet	20% off
Papa Murphy's Pizza	2000 S 9th	\$3 off Family Size pizza at menu price
Pizza Hut	2935 S 9th	10% off
Sbarro	2259 S. 9th (Central Mall)	15 5 off; \$9.99 whole pizza
Schlotzsky's Deli	2480 S. 9th	10 % off
Speakeasy	1940 S Ohio	10% off
Taco Bell	Crawford Street	10% Off On All Items On Menu
Tucscons Steakhouse	2750 S 9th	10% off
Venezia Restaurant	1935 S Ohio	10% off
Wendy's	1940 S Ohio	Ask for Military Discount
Western Sizzlin Restaurant	Crawford Street	10% Off
Hotels		
Airliner Motel	781 N Broadway	5% off
America's Best Inn	429 W Diamond Dr	\$50 and \$55 rooms
America's BestValue Inn	2403 S 9th	10% off

Best Western Heart of America Inn 632 Westport Blvd \$60 rooms 10% off Budget King Motel 809 N Broadway Candlewood Suites 2650 Planet Ave Comfort Inn 1820 W Crawford \$77 rooms based on availability Comfort Suites 715 W Schilling \$77 rooms based on availability \$77 rooms based on availability Country Inn and Suites 2760 South 9th 3020 Riffel Dr \$77 rooms based on availability Courtyard by Marriott 407 W Diamond Dr \$60 rooms Days Inn 1949 N 9th \$45 and \$50 rooms Econolodge Fairfield Inn 1740 W Crawford \$77 rooms based on availability \$77 Queen bed and \$87 King bed 401 W Schilling Hampton Inn \$49 rooms Howard Johnson Hotel 222 E Diamond Drive 201 E Diamond Drive \$70 rooms LaQunita Inn 1846 N. 9th \$60 rooms Mid America Inn 2110 W Crawford Quality Inn and Suites \$60 rooms 1616 W Crawford \$69 rooms Ramada Inn 745 W Schilling Rd 785-493-9800 Call for discount Relax Inn and Suites 2923 S 9th Sleep Inn and Suites \$70 rooms Starlite Motel 211 E Pacific 10% off Super 8 705 W Schilling Road 10 % off Super 8, I-70 120 E Diamond Drive \$69.98 rooms Single \$42 Double \$45 rooms 245 S Broadway Travelers Lodge \$35.95 Single and \$45.95 Double rooms Village Inn 453 S Broadway Retail/ Services 2545 Market Place Ask for Military Discount Aarons Sales and Lease America's Mattres 2342 Planet Ave \$300.00 off Select Mattress Blockbuster Video 2346 Planet Ave 10% off 10% off Buckle 2259 S. 9th (Central Mall)

Candyopolis	2259 S. 9th (Central Mall)	10% off
Christopher and Banks	2259 S. 9th (Central Mall)	10% off
CJ Banks	2259 S. 9th (Central Mall)	10% off
Eathbound Trading Company	2259 S. 9th (Central Mall)	10% off
Old Navy	2259 S. 9th (Central Mall)	10% off
Vanity	2259 S. 9th (Central Mall)	10% off
Mainstreet Revival	2259 S. 9th (Central Mall)	15% off
Mattress Hub	2259 S. 9th (Central Mall)	20% off Select Mattress Sets (excluding Tempurpedic); two free pillows with Select Premium Mattress Set purchase; buy one pillow at regular price get a second half off
Maurices	2259 S. 9th (Central Mall)	10 % off
Enchanted Cottage	112 South Santa Fe	10% off
Family Video	2000 S 9th	FREE Speciality movie with New release rental
Fast Focus	2320 Planet Ave	10% Off On Services
Gordons	2259 S. 9th (Central Mall)	10 % Off
Journeys	2260 S. 9th (Central Mall)	10% Off
Riddles	2261 S. 9th (Central Mall)	5% Off
Simply Baby and More	128 S Santa Fe	10% off
The Hair Company	2320 Planet Ave	
Carla Ehrlich	2321 Planet Ave	Offer Half Price on All Hair Family Cuts
Brooke Pickrell	2322 Planet Ave	Offer Half Price on All Hair Family Cuts
Michelle Young	2323 Planet Ave	Offer Half Price on All Hair Family Cuts
The Toy Parade	119 S Santa Fe	10% off
Zales	2261 S. 9th (Central Mall)	10% Off
Attractions		
Rolling Hills Wildlife Adventure	625 N. Hedville Road	15% off
Showplex Central Mall	2259 S. 9th (Central Mall)	\$6.50 tickets

## Local Teen Leaders

Seven students from Junction City High School have been attending the MFLC support/deployment group since its inception in 2009. Most have been military dependents since birth and have struggled with the demands of being a military child. Topics such as frequent moves, deployment and family separation are common subjects discussed at group time. One student had a particularly tough year when both parents were deployed, and she was being reared by her step-grandpa. Group members supported their friend and offered empathy that only another military child can offer. All students shared stories with each other and with the MFLC in their special group time, affectionately named the "Brat Chat" by the students.

Brat Chat meets 2-3 times a week at the Junction City High school Career Campus and 1-2 weekly at the Freshman success Academy. The 7 teens at the Junction City High school Career Campus never miss a chance to get together to chat about their lives. In early September the group started talking about gifts, talents and abilities they have been given and how they use these talents to cope with the demands of military life. When talking about talents, gifts and abilities, the students decided to use what they had been given to serve others. One teen noted that she believes she better understands why some people call our military personnel "service men and women". They serve. Much like their parents, these teens want to make the choice to serve.

All 7 teens have a deep concern for other military children, and many had concerns for the welfare of animals. As one teen put it, "when I get to thinking about my life, I think about how lucky I am to have parents, parents that are proud to serve our nation. Some kids have no one". Another teen talked about the dogs he had to leave behind and his hope that they are doing OK with a new family. All talk about friends, schools and communities left behind. In the course of our "chats" the teens became convinced that they have a reason for being where they are, and that they should give back to every community, post and school they have been placed at.

Right now, the 7 are doing volunteer work on post with younger military children. Most are even willing to dress up as Elves and help younger kids decorate cookies for a Kris Kringle day in December which will be sponsored by MWR. All 7 are scheduled to help out at the local animal shelter in Junction City, and the school has agreed to provide service learning hours to those teens that chose to serve.

Way to go teens. I have often wondered why our news station, newspapers and other media do not feature teens like the Junction City High school Brat Chatters. These young people make me proud to be an MFLC and proud to be an American.

- Your children are YOUR responsibility and must remain under the immediate control and supervision of a parent or legal guardian.
- Children must remain in the play area at ALL TIMES and are not allowed outside of the play area except to enter and leave the facility with the exception of a baby carrier
- DO NOT LEAVE YOUR CHILDREN UNATTENDED failure to maintain control of your children will result in your temporary loss of rights to use this room.
- Disruptive or destructive children will not be permitted in the Parent Cardio Room. Please report any disruptive or destructive children to the front desk staff member.
- As a courtesy to other patrons, please clean up after yourself and your children. Leave the room just as clean as you found it.
- Adults must be able to see and hear their child at all times. Adults must respond when their child is in danger or being disruptive to the rest of the customers.
- There is a 30 minute time limit on equipment when others are waiting.
- Please sanitize the equipment with the rags and solution provided after each use.
- Please do not bring food into the Parent Cardio Room. Only water bottles and spill-proof drink containers are permitted

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